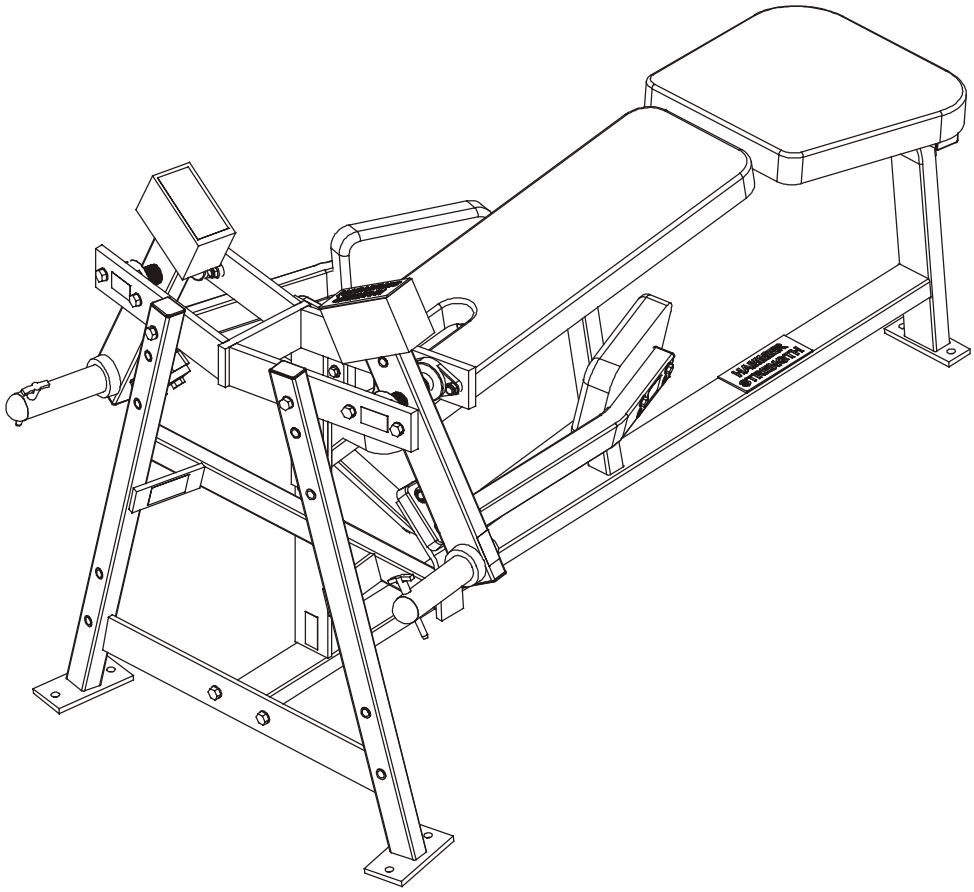
LifeFitness

HAMMER STRENGTH

ILRD – ISO LATERAL REAR DELTOID



Customer Support Services

PARTS MANUAL

ILRD – ISO LATERAL REAR DELTOID

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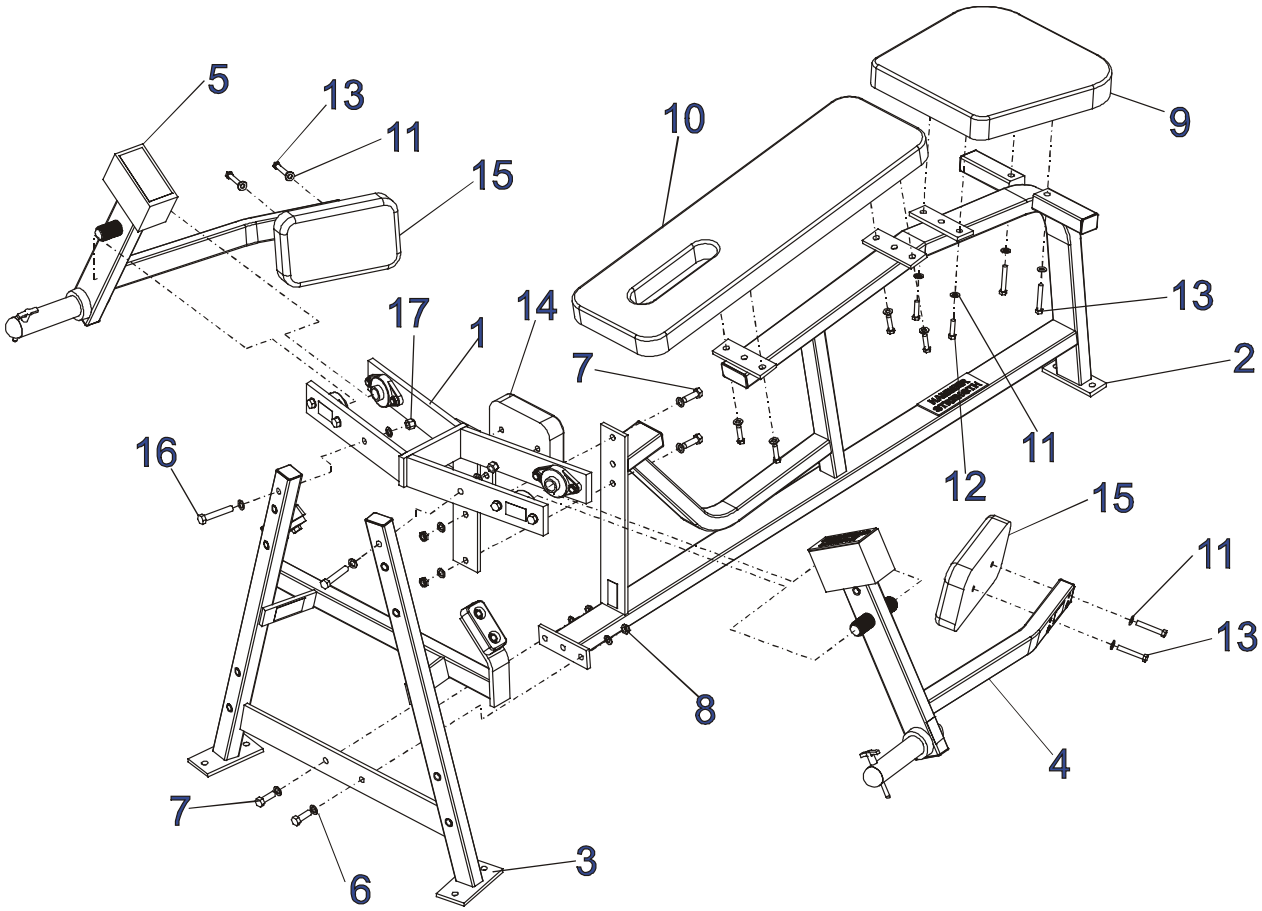
Assembly Components



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILRD-CWB-0	ASSY, ILRD WB
2	1	ILRD-CST-0	ST ASSEMBLY
3	1	ILRD-CFX-0	ASSY, ILRD FX
4	1	ILRD-CMAL-0	MAL ASSEMBLY
5	1	ILRD-CMAR-0	MAR ASSEMBLY
6	12	WASH.5STAR	1/2" Internal Lock Washer
7	4	HHB.5X1.5	1/2 X 1 1/2 Bolt
8	4	NUT.5JAMFINE	1/2" Jam Nut Fine
9	1	U16-11	Standard 16" Pad
10	1	U-ILRD	ILRD Seat Pad
11	14	WASH.375SAE	3/8" SAE Flat Washer
12	8	HHB.375X1.5	3/8 X 1 1/2 Bolt
13	6	HHB.375X2.5	3/8 X 2 1/2 Bolt
14	1	U7-4.5	Pad, 7-4.5
15	2	U10-4.5	Pad, 10-4.5
16	2	HHB.5X3	1/2 X 3 Bolt
17	2	NUT.5LOCK	1/2" Thick Lock Nut

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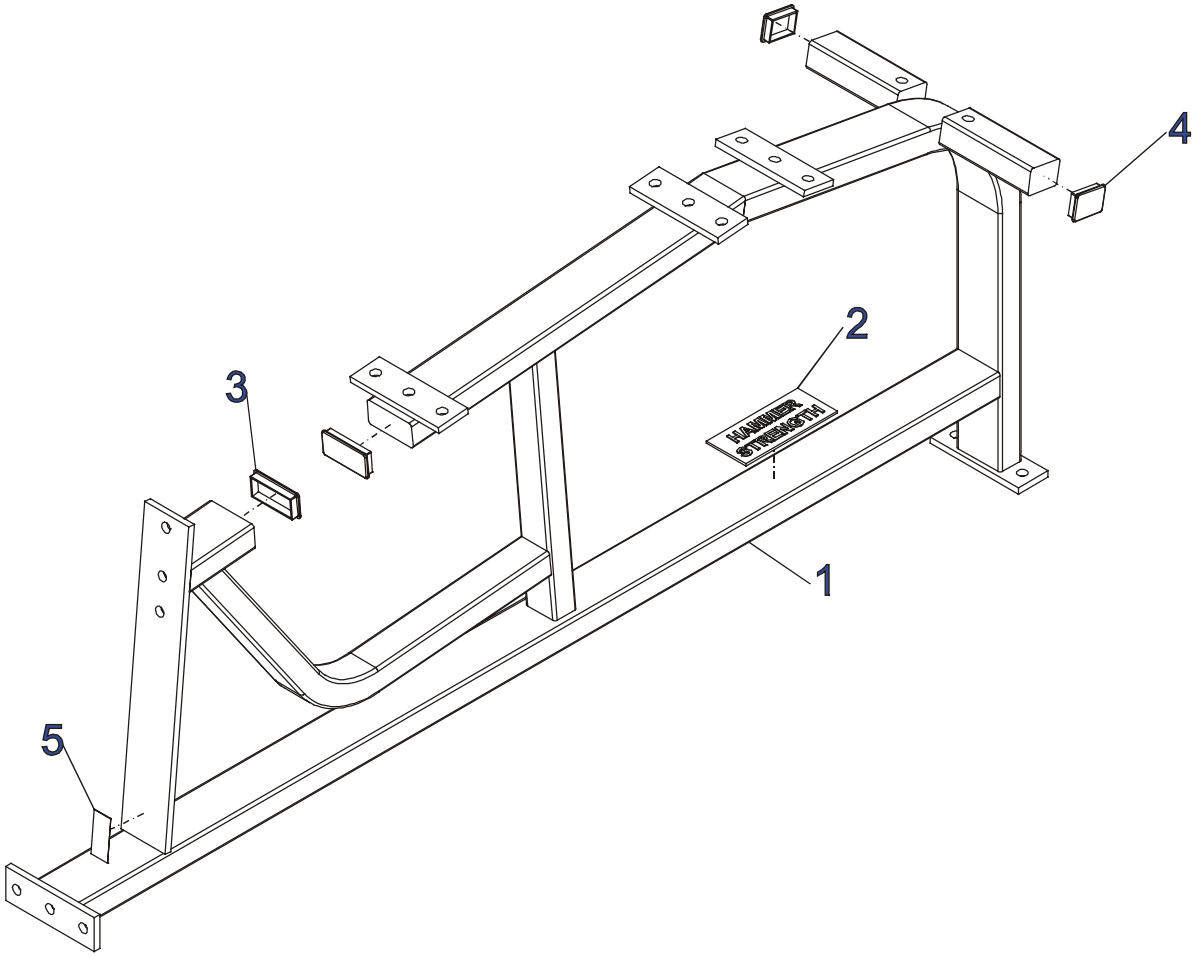
Seat Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILRD-ST-0	WLDMT, ILRD ST
2	1	H-NAMEPLATE	Name Plate
3	2	H-PEND3	1 1/2 X 3 End Cap
4	2	H-PEND2	1 1/2 X 2 Endcap
5	1	SERIAL NUMBER	Serial Number

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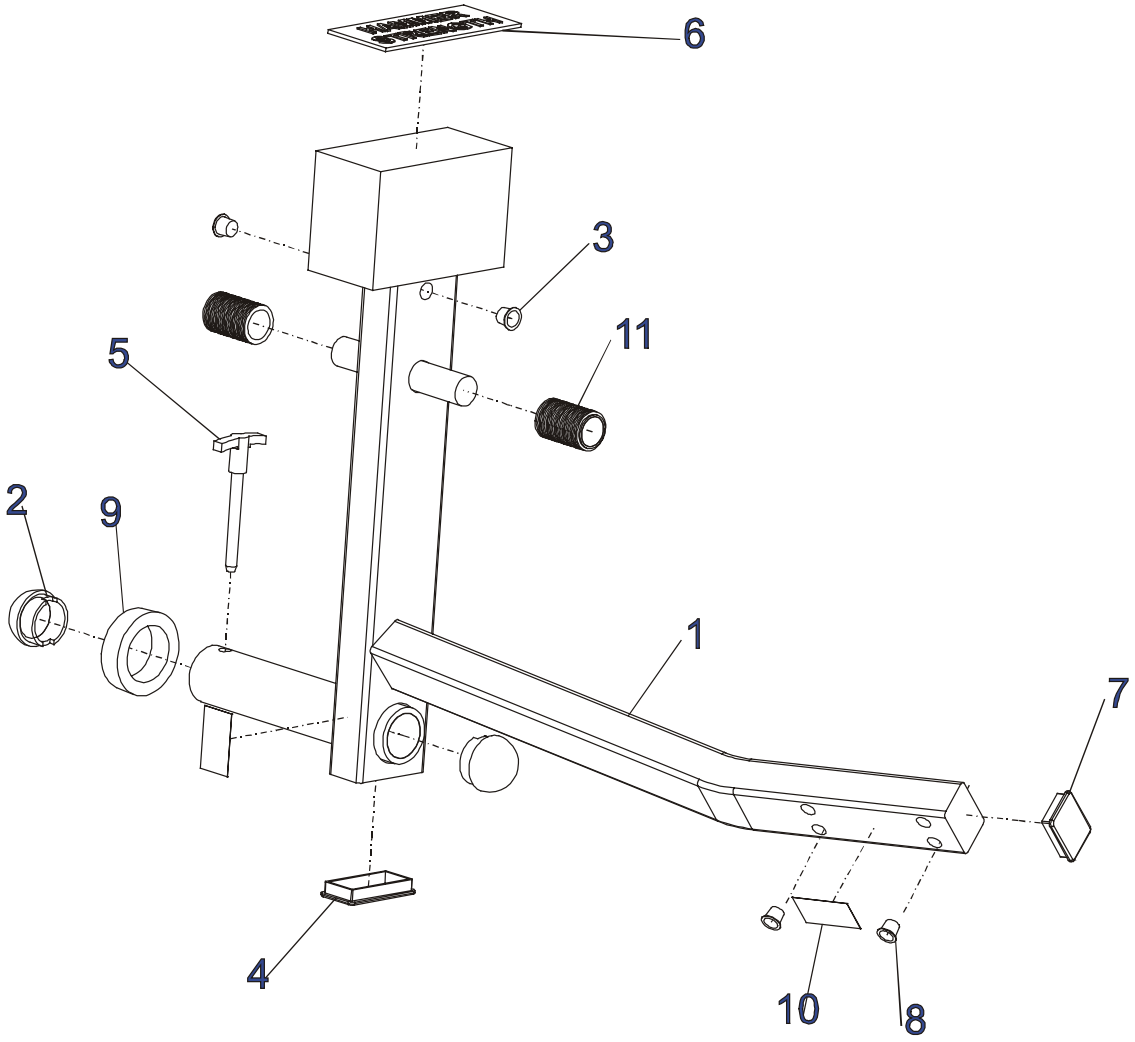
Left Movement Arm, Right Movement Arm Mirror Image

NOTE: LEFT MOVEMENT ARM SHOWN.
RIGHT MOVEMENT ARM MIRROR IMAGE.



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILRD-MAL-0	WLDMT, ILRD MARM LEFT
2	2	H-BENDCAP	Bullet Cap
3	2	H-HPLUG(REG)	Hole Plug
4	1	H-PEND3	1 1/2 X 3 End Cap
5	1	SELECTOR PIN-4	SELECTOR PIN 4 INCH
6	1	H-NAMEPLATE	Name Plate
7	1	H-PEND2	1 1/2 X 2 Endcap
8	2	H-HPLUG(SMALL)	Hole Plug
9	1	H-RUBRNG	MM5 Ring
10	2	STAY CLEAR	Stay Clear Decal
11	2	ACCORDIAN	Shaft Guard

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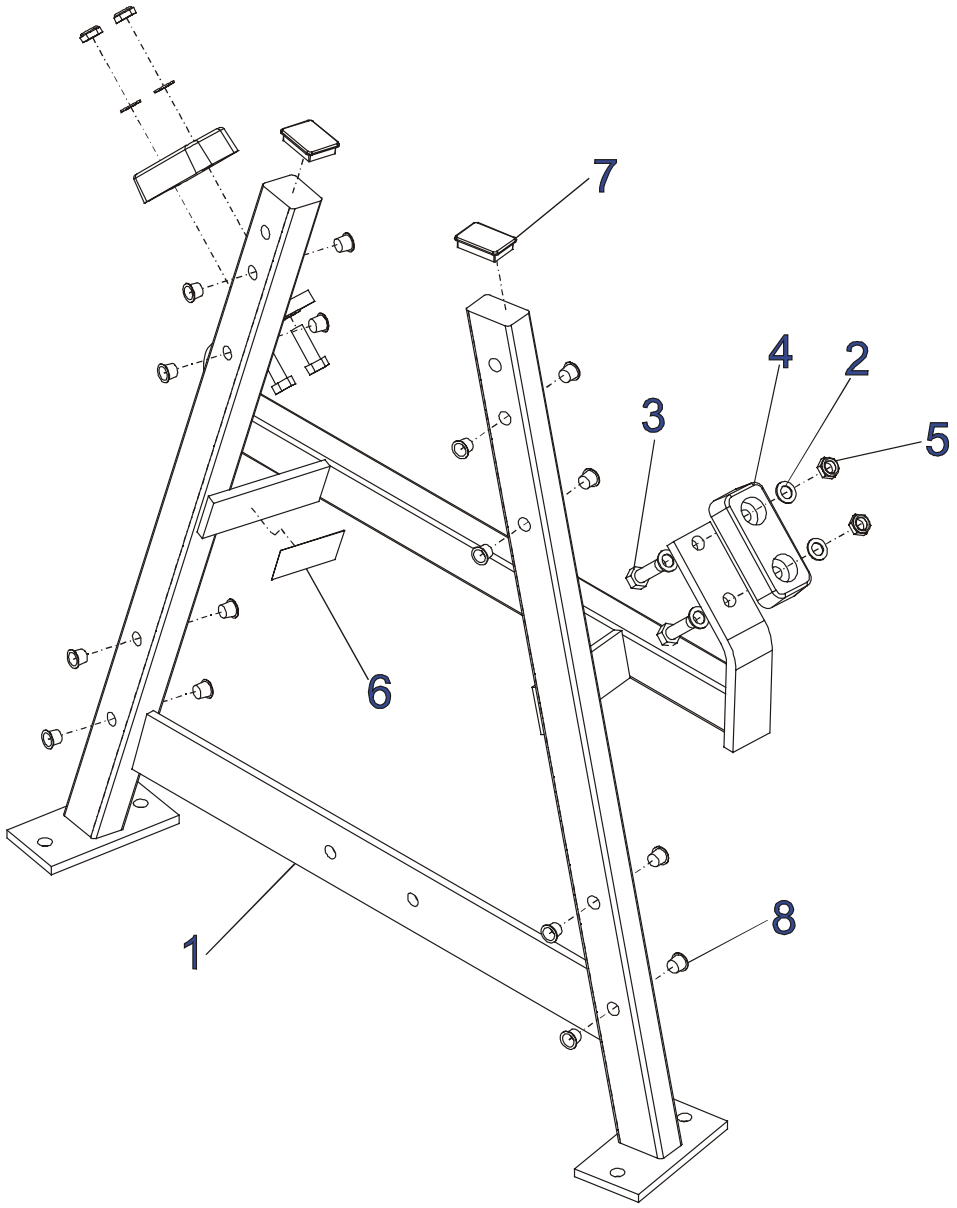
Front Frame Assembly



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILRD-FX-0	WLDMT, ILRD FRONT FRAME
2	8	WASH.5STAR	1/2" Internal Lock Washer
3	4	HHB.5X1.5	1/2 X 1 1/2 Bolt
4	2	H-BUMP-SML	MM3 Small Bumper
5	4	NUT.5JAMFINE	1/2" Jam Nut Fine
6	1	PATENT	Patent Decal
7	2	H-PEND2	1 1/2 X 2 Endcap
8	16	H-HPLUG(REG)	Hole Plug

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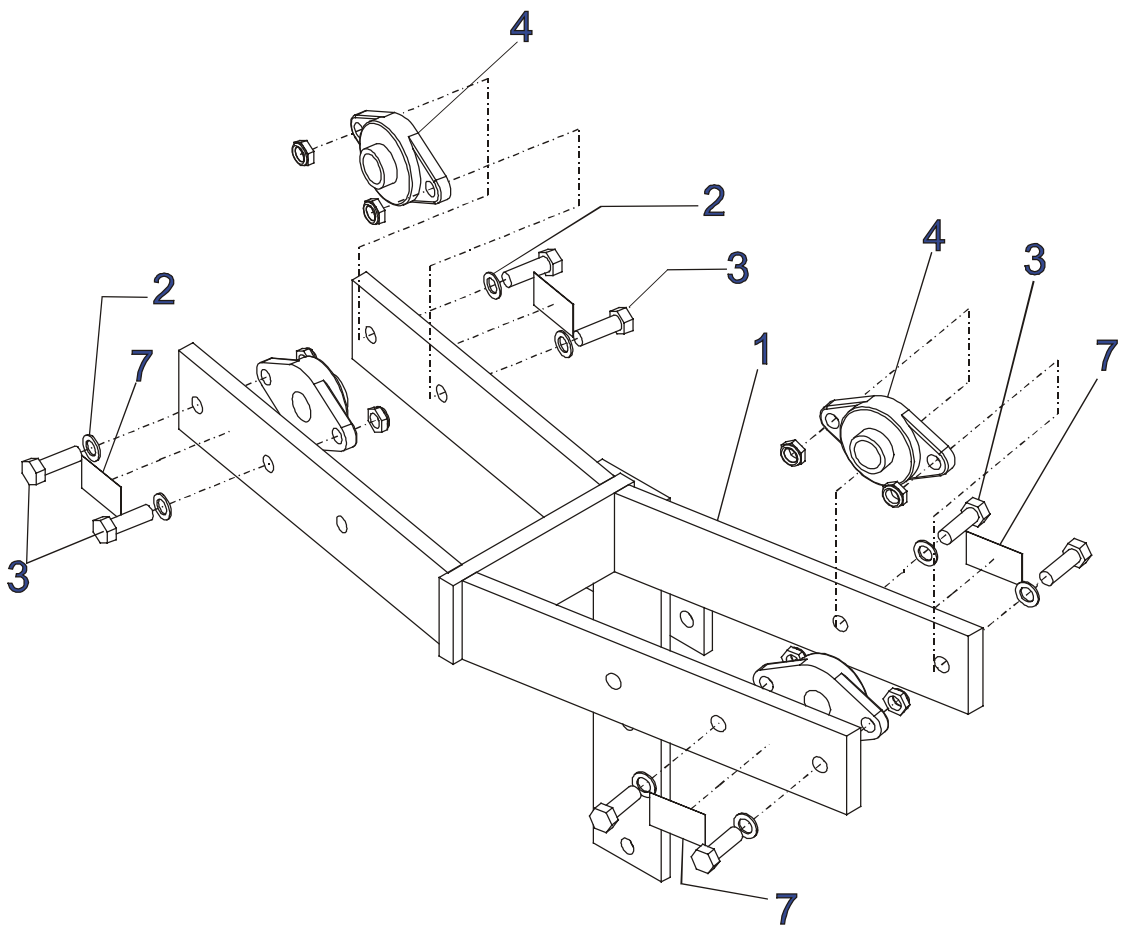
Workbox Weldment



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	ILRD-WB-0	WLDMT, ILRD WORKBOX
2	8	WASH.5STAR	1/2" Internal Lock Washer
3	8	HHB.5X1.5	1/2 X 1 1/2 Bolt
4	4	H-BEAR-SML	Small Bearing
5	4	NUT.5JAMLOCK	1/2" Thin Lock Nut
6	4	NUT.5JAMFINE	1/2" Jam Nut Fine
7	4	STAY CLEAR	Stay Clear Decal

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NOTES